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**The Epworth Sleepiness Scale** is a prescreening indicator of Sleep Apnea and other sleep disorders. 0-9 is considered normal by most Sleep Specialists and 10 and above abnormal. If your test is borderline, we will recommend further testing. Testing is simple and painless. It could save your life or add years to your life. Successful treatment is life altering.

**Epworth Sleepiness Scale**

How likely are you to doze off or fall asleep in the following situations? Answer considering how you have felt over the past week or so:

- 0= Would never doze
- 1= Slight chance of dozing
- 2= Moderate chance of dozing
- 3= High chance of dozing

1. Sitting and reading \_\_\_\_\_
2. Watching TV \_\_\_\_\_
3. Sitting inactive in public place (theater or meeting) \_\_\_\_\_
4. As a passenger in a car for an hour without a break \_\_\_\_\_
5. Lying down to rest in the afternoon when able \_\_\_\_\_
6. Sitting and talking to someone \_\_\_\_\_
7. Sitting quietly after a lunch without alcohol \_\_\_\_\_
8. In a car while stopped for a few minutes in traffic \_\_\_\_\_

Total \_\_\_\_\_